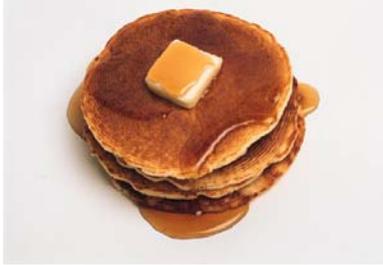


**Name of Activity:** Pancake Express  
**Academic Content:** Health  
**Purpose of Activity:** To improve a variety of manipulative skills and expose the children to a cross-curricular activity (dramatic play, reading, problem solving) to improve creativity and health education.



**Prerequisites:** Listening skills, small group and partner cooperation skills, basic manipulative skills  
**Suggested Grade Level:** K-2  
**Materials Needed:** Polyspots (any color, any size) 1 per partner group, "If You Give a Pig a Pancake" story by Laura Numeroff, examples of food grains  
**Physical Activity:** Various manipulative skills

### Description of Idea

Discuss the elements of the basic food pyramid and different foods (particularly grains) that you put into your body. Show the book "If You Give a Pig a Pancake" story by Laura Numeroff and read the story to the class. Allow the students time to guess what is going to happen when the pig is given a pancake in the story. Discuss the different food groups on the food pyramid and into which group the pancake would fall.

Have the students find a partner and use a single polyspot to represent the pancake. Allow the students time to explore and devise a variety of ways to get the pancake to his/her partner. Examples include: rolling the pancake, let the pancake land in a hoop made by their partner's arms, drop kick the pancake, overhand throw, underhand throw, let the pancake land on a body part, frisbee throw, etc...

At the conclusion allow the students to create a different ending for the story that would involve the activities they used with their partners. Allow the students to choose a different food and discuss it's place in the food pyramid and an activity to go along with the food. Students can write their conclusions to the story for a writing assignment when they return to the classroom.

**Teaching Suggestions:**

During the activity stress the proper teaching cues for throwing, catching, and kicking.

**Assessment Ideas:**

Discuss the plot and characters of the story and have the students demonstrate a way to toss the pancake with the correct teaching cues needed.

Plan a breakfast for lunch meal with the cafeteria manager. The cafeteria manager will need time to order food for the menu. Some district menus are planned three to four months in advance and the nutrition services will need time to make adjustments. Cafeteria menus must be planned to meet USDA meal requirements. The cafeteria manager can explain requirements to students and help them design a menu which meets requirements.

Discuss food which falls into each group on the food pyramid.

Lesson from <http://www.pecentral.com/lessonideas/PrintLesson.asp?ID=622>